

FEEDING HOPE



THE COMPASS
Help for Today ♥ Hope for Tomorrow



A Welcome Neighbour with a Big Heart



We're excited to welcome the new Walmart Compact Supercentre, located at 515 Lakeshore Road East, to the neighbourhood. Thankfully, it's just steps away from The Compass. At their May 8th grand opening, we gratefully accepted a \$1,000 donation and began what we know will be a meaningful partnership.

The team at Store #1127 is truly community-oriented, and their support will directly benefit our clients who rely on The Compass each week for food and essential care. Having a generous neighbour so close by makes a real difference, and we look forward to working together to create a lasting impact in south Mississauga.

The Compass Food Bank

427 Lakeshore Road East
Mississauga ON L5G 1H8
905-274-9309
info@thecompass.ca

Food Bank Hours

Monday 9:30 am – 7 pm
Wednesday 9:30 am – 5 pm
Friday 9:30 am – 5 pm

INSIDE THE WAREHOUSE

Standard Hamper Preparation: The Standard Hamper is a crucial tool for The Compass, containing essential food items like pasta, sauce, rice, and tuna. The cost of these items is evaluated quarterly, and currently totals roughly \$8 before adding protein, produce, eggs, and milk, which increases the cost to approximately \$20.

Weekly Custom Order Management: Every Thursday at noon, the custom order page is shut down for revision. Kathy K. and Karen S. update the list for the following week. A report is run to count items ordered the previous week, and these quantities are entered into a spreadsheet to determine the purchase requirements for the next week. Proteins, milk, eggs, and yogurt are ordered from suppliers, while the spreadsheet calculates the quantities of flour, sugar, and salt, etc. needed from Costco. Food Banks Mississauga supplies most of the special and bonus items.

Grant and Supply Management: After receiving a grant to purchase 600 units of Step One formula, the supply has run out after four months. Fortunately, Food Banks Mississauga is sending a new supply of assorted baby formula. The budget for incontinence underwear has also run out, and we are relying on donations until a new grant starts in August, allowing for \$10,000 each on feminine hygiene, incontinence products, and diapers.

Additional Purchases: There is a new budget allocated to purchase cooking oil for clients, with plans to buy 600-700 units.





SPECIAL NOTE FROM THE KITCHEN:

Summer BBQs start June 5th

WE NEED YOUR HELP!

Get ready for a season of great food and community spirit! Starting Thursday, June 5th, and running every Thursday through June, July, August, and September, we're inviting the community to join us at The Compass for our Summer BBQs.

Volunteer Opportunities

We're counting on our amazing volunteers to help make these BBQs a success, so have a look and sign up for a shift that works for you!

Kitchen Support (3:30 PM-6:30 PM)

Love prepping food, wrapping burgers, or serving meals? Join us in the kitchen for a fun and fulfilling 3-hour shift.

Community Room Team (5:00 PM-7:00 PM)

Prefer a more relaxed role? Help set up the common room and enjoy the evening chatting with guests over a burger or hot dog.

Come out, lend a hand, and enjoy great food and even better company!

Great family atmosphere!

We'll be serving up:

- **Beef Burgers**
- **Salmon Burgers**
- **Veggie Burgers**
- **Hot Dogs**
- **A choice of two fresh salads**



MEET OUR SUMMER TEAM



Shaelyn Craig is pursuing a Bachelor of Social and Community Development at Sheridan College.

What brought you to The Compass?

I wanted to gain new experiences through learning how The Compass operates and give back to the community. I'm looking forward to making connections with the community and local organizations.

Tell us an interesting fact about yourself: I've played volleyball competitively for over 10 years.

Dante Grillone will start his Master's in Philosophy at the University of Guelph in September.

Why work at the Compass?

Building, strengthening, and being a part of a community has always been important to me. I am excited about the opportunity to contribute to the various projects The Compass undertakes to help the community.

Tell us an interesting fact about yourself: I am obsessed with all things travel and try to travel somewhere new every year!





Zach Boyes is studying social work at Humber College.

What attracted you to The Compass?

I wanted to work here due to the core philosophy regarding humanity and courage, while appreciating the broad range of services provided. I look forward to improving an already excellent place for our awesome clients.

Tell us an interesting fact about yourself:

I get paid to play and coach Hearthstone (a card game) professionally.

Katie Perfect completed her first year in the Social Service Worker diploma program at Humber College.

What brings you back to The Compass?

This summer, I will be working in the Client Services department. I chose to return because of the supportive and collaborative environment, the meaningful connections I've built with clients, staff, and volunteers, and the valuable learning opportunities it provides.



Calin is completing a Culinary program at George Brown, and completed his placement with us this winter.

What brings you back to The Compass?

Being at the Compass has been a very enlightening experience. Being able to serve the community and see the smile on people's faces when they take a bite out of something I made has had a very special feeling in my heart. I feel honoured to create lasting friendships, connections and laughs with everyone I meet.

Interesting fact: Dancing is one of my favourite activities to do other than making food of course. You will often see me doing both at the same time.



“The Compass isn’t just a food bank to me – it’s where I finally got help for things I didn’t even know how to ask for. I met with a nurse, got help with housing, and even got my taxes done. I feel like I’m finally getting back on my feet.”
– Compass Client, 2025

CLIENT SERVICES



**2024 1-on-1
Appointments**

1110

**2025 1-on-1
Appointments
(year to date)**

330

In 2024, we facilitated 1,110 one-on-one appointments between our clients and agency partners right here at The Compass.

We have since onboarded additional agencies, and in 2025, we have already facilitated 330 one-on-one appointments. These numbers reflect more than just appointments – they represent moments of connection, trust, and support.

We are proud to partner with a range of dynamic organizations in Peel to offer on-site, wrap-around supports that address the full spectrum of client needs: mind, body, and soul.

Whether it’s health care, housing help, legal advice, or emotional support, these services allow us to walk with our clients through some of life’s most challenging seasons.

At The Compass, we always seek ways to expand and enhance the client experience. As needs evolve, we remain committed to inviting additional appropriate agency partners on-site, ensuring our community has access to the most relevant, holistic, and compassionate supports possible.

CURRENT ON-SITE AGENCY PARTNERS

- Regeneration Outreach – ID Clinic
- Wellfort – Community Health Nursing Services
- Service Canada
- Peel Addiction Assessment and Referral Centre (PAARC)
- Family Services of Peel – Employment Services
- Region of Peel – Housing Support
- Services and Housing in the Province (SHIP)
- Bloom Clinic
- PM Law
- CMHA Peel – Black Health & Social Services Department
- Region of Peel – Healthy Sexuality Program
- Annual Tax Clinic

And there's more to come—we're excited to soon welcome an **on-site psychotherapist**, offering our clients yet another layer of meaningful, trauma-informed support.

**“I came to The Compass for food,
but I found so much more”
– Compass Client, 2025**



TECHNOLOGY DONATIONS

Laptop, phone, and tablet donations

Who? Anyone with spare electronics

What? Phones, tablets, or laptops

Where? The office

Why? To better serve our clients



These days, having a phone or laptop seems absolutely necessary to navigate life, especially when dealing with various social assistance programs.

We are proud to report that through our laptop donation program, we have distributed **over 250 laptops** to clients since the start of the program. Not only do we encourage laptop donations, but tablets and cell phones as well.

We ask that all electronics be factory reset so that they can be reused; laptop operating systems must be Windows 10 or higher.

If you have any donations, please bring them to the office!

VOLUNTEER OPPORTUNITY

Volunteer Opportunity – Donor Data Entry (Remote)

We're looking for a detail-oriented volunteer to help us with entering donation information into The Compass Food Bank & Outreach Centre's donor management system.

Time Commitment:

- Most of the year: 1–2 hours per week
- November & December: 4–5 hours per week

This is a remote role, so you'll be able to volunteer from the comfort of your home. Training will be provided to get you started.

Who we're looking for:

Someone with an eye for detail and basic computer skills. If you're organized and enjoy working behind the scenes to make a difference, we'd love to hear from you!



HELP NEEDED

Who? Generous businesses and community members – like you!

What? Gift cards, local experiences, services, merchandise, or anything auction-worthy

Where? Online – for our June “Goodbye Spring, Hello Summer!” Auction

Why? To raise funds to support our neighbours in need

To donate an item, email us at walk@thecompass.ca

IN THE COMMUNITY

Exciting things are happening this summer at The Compass Food Bank & Outreach Centre! We’re gearing up for our **19th Annual Walk The Walk**, taking place on **Saturday, September 20th**. It’s our largest fundraising event of the year, and brings the community together to support those facing food insecurity and homelessness.

Before the big day, you’ll find us at Port Credit BuskerFest from August 15–17, hosting a whimsical and interactive experience to raise awareness and engage festivalgoers in a fun, impactful way.

Currently, we’re also collecting donations of gift cards, family experiences, and other online auction items for our **“So Long Spring, Hello Summer!” Online Auction**, running June 20–23.

100% of proceeds will go directly toward purchasing much-needed healthy food for the over 2,000 individuals we serve every week.

If you or your business can help, please email us at walk@thecompass.ca

Every contribution makes a meaningful difference!



DID YOU KNOW?

A New Chapter for Compass Advocacy: Speaking Up for Our Community in Our Community

Big news from your Compass Advocacy Committee: as we move into 2025 and beyond, we're shifting our focus to deepen our impact within the Compass Community. Our core mission remains the same: to speak up for those who can't, and to share our knowledge and awareness of food insecurity with our friends and neighbours.

We know there are a myriad of choices for volunteering in our community, yet we've all chosen The Compass. It's a fun environment - and we meet great people - but do we truly understand the profound meaning of food insecurity, and that it is often a symptom of deeper systemic issues?

For many of our clients, walking through the doors of The Compass for the very first time might be the hardest thing they have ever done. Imagine the courage it takes for someone who is:

- Underemployed, has lost their job, or experienced a series of job losses
- Uncertain about where their next meal is coming from
- Experiencing mental illness or other debilitating health challenges
- Starting to go without so they can feed their children
- Struggling with increased housing costs

Let's commit to educating ourselves. Food insecurity isn't confined to lower-income neighbourhoods. We need to acknowledge our own internal biases and challenge our perceptions. Did you know that 1 in 13 families in Mississauga are experiencing food insecurity and are visiting food banks?

Given that, how do we advocate for them? Think about the immense power of our volunteer community speaking up for our clients in everyday conversations, educating our friends and neighbours about the realities of food insecurity, and dispelling any negative myths they may hold.



We have a Voice.

Let's use it to create meaningful change.

EMPLOYEE SPOTLIGHT

Farewell Jaclyn

Given that Jaclyn grew up in the area, she knew about The Compass from an early age and began volunteering back in 2019 helping pack food bank orders. When her college program required a student placement experience, the fit at The Compass was perfect; since then, she has evolved into her current role as Client Services Coordinator. She actively works with clients to first understand where they are in their lives, building trust and a rapport, before providing them with additional resources to assist in their life goals. The connection that she has built with everyone (volunteers, staff, and clients) has been incredibly rewarding, and she still learns something new every day! All of this has left an indelible imprint on her.

Jaclyn always wanted to be an advocate for others who didn't have a voice, but never realized how much it would enhance her own life to learn from the perspectives of others' lived experiences.

Jaclyn will soon be moving on to a new role with CMHA in their Peel Outreach Program, but she will greatly miss the incredible sense of teamwork with both volunteers and staff. What has been most precious is being a part of people's lives, **where she feels she can make a difference.**

She is proud of what The Compass brings to the community, and that it is so widely respected and recognized, both in the GTA and across the country.



HOW YOU CAN HELP?



There are many ways you can make a difference in the lives of our neighbours facing food insecurity. Support our **Join The 100** campaign by becoming a monthly donor, providing reliable support we can count on.

Prefer a one-time gift? Every dollar helps us purchase essential items like milk, eggs, and fresh produce.

You can also volunteer your time. Just visit thecompass.ca and search “New Volunteers” to get started. Whether you give time, money, or simply help spread the word, we are deeply grateful. It all adds up to provide **Help for Today and Hope for Tomorrow.**

CHARITY INTELLIGENCE 2024

**TOP 10 IMPACT:
CANADIAN FOOD BANKS**



CHARITY INTELLIGENCE 2024

**TOP 5 IMPACT:
TORONTO CHARITIES**



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